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Linseed and its Nutritional and Health Beneficial Aspects: A Review

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ABSTRACT

There is a great deal of competition for foods that have active ingredients present in the form of bioactive molecules of food with potential health benefits. This is the basic requirement for any food to come under the category of functional foods or nutraceutical. *Linum usitatissimum* L. is emerging as an important nutraceutical as it is a reservoir of many bioactive compounds or molecules ranging from α -linolenic acid, lignans, fiber, and various other phenolic compounds. This review concentrates on the current flaxseed records and highlights the nutritional properties and its beneficial effects. Literature was retrieved by searching for abstracts and titles of articles on PubMed, Science direct as well as Google Scholar for studying. The papers and reference lists were reviewed to see if there were any supplementary posts.

Findings from the data can be described as the linseed has quite well balanced nutrient content ranging from high percentage of alpha-linolenic acid, dietary fibers and phenolics to fewer amount of anti-nutritive